



## Child of the year

• "THAT'S Life," says the smile of one of the most determined and courageous children in Britain, Lindsay Gladwin, winner of The Spastics Society's Achievement of the Year Award, pictured with one of the judges, television personality Esther Rantzen. Full story and pictures on pages six and seven.

## FREEDOM NOW

### Disabled people demand end to discrimination

BRITAIN has its own system of apartheid.

Our own second class citizens are the disabled, who are discriminated against in access to buildings and transport, education, employment, entertainment and civic and

social rights.

In calling for an end to this discrimination the Committee on Restrictions Against Disabled People, in its report just published, has asked the government to introduce legislation to make discrimination on the grounds of disability illegal.

In addition, the com-

mittee, in its report to the Minister for Social Security and the Disabled, Mr Hugh Rossi recommends a great number of practical suggestions to set free the handicapped.

Set up in 1979 by the then Minister for the Disabled, Alf Morris, the committee under the chairmanship of Peter Large, received evidence from a host of individuals, from national organisations representing the disabled, and from local groups of handicapped people.

The picture they uncovered of the second-class status of the disabled includes every area of society.

Life for the disabled ends at a flight of steps, a revolving door or an unsympathetic attitude.

"When schools, colleges, libraries, places of interest and entertainment and transport are out of bounds," says one paraplegic girl quoted in the report, "one's life narrows, one's expectations decrease accordingly, a vicious circle develops."

"I want to learn to swim," laments a girl who is only able to walk a little, "but I can only go to a swimming club for the disabled which meets on one particular evening and is 10 miles from my home."

• Continued on Page 3



THE Wheelchair Lobby is beginning to roll in Britain.

Disabled people are at last beginning to stand up for themselves, and demand equality.

Following the lead given in America and Canada where handicapped activists have gone to the lengths of blocking the streets in the vicinity

of legislative buildings, Britain's disabled are starting to make their voices heard by the ears of the powerful.

With so much still to be done, scenes like the one in this picture are going to become more common as the rising expectations of the disabled power the wheelchair protest.

## Stir over 'Save a Baby' advert

THE Spastics Society ran into some unexpected stormy weather when it tried to stimulate debate about Britain's maternity services in "Save a Baby" week.

A row broke out after the Society placed an advert in the national newspapers criticising the maternity services and showing a picture of a pregnant woman draped in a tattered Union Jack.

The President of the Royal College of Obstetricians and Gynaecologists, Mr R. M. Feroze was moved to write to The Times, complaining that the ad would further the causes of neither the Society nor antenatal care.

"To imply that antenatal care in Britain is of low quality by quoting one adverse comment from a publication which shows that the majority of women were reasonably satisfied with their care is unjust to all those in the caring professions," complained Mr Feroze.

He was, however, guilty of the same kind of selective quotation about which



Just how efficient are Britain's maternity services? There is no better time to ask this question than during The Spastics Society's 'Save a Baby Week'. If you believe that our services are as good as any you really ought to read 'The British Way of Birth', the book of the BBC's 'That's Life' survey published by Pan. For example, one mother said: "The clinic was very bad. Unfriendly and rude reception staff. Two-hour waits, scant information, and utterly inadequate replies to questions. Is this view representative? The Spastics Society is in favour of the British Way of Birth."

• PART of that controversial advert. Making a vital point or, "obscene and revolting," and in "appalling bad taste"?

he was complaining as a subsequent letter to the top people's paper pointed out.

This came from Ruth Evans, Coordinator of the Maternity Alliance, and Catherine Boyd, co-author

of the publication referred to, The British Way of Birth, the book of the BBC/TV survey carried out for That's Life. The

• Continued on Page 12



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# They came to make a film — and stayed to make friends

THE Douglas Arter Centre is the star of a television film which may soon be seen by the entire nation.

The Society's residential and day care centre in Salisbury was chosen by the local College of Art as the subject of a film they are making to enter in a national competition.

The students at the Salisbury College of Art's Department of Photography are bidding to win the Fuji Film Scholarship in competition with 14 other colleges throughout the country.

The winning film is guaranteed a showing on the national television networks; all the films will be shown on their local television stations.

The Chairman of the Society Mrs Joyce Smith, who lives in Salisbury, has been involved in the making of the film and

does some of the "voice overs" while the Warden, John Hardwicke, also figures prominently.

Ian Kent-Robinson, Lecturer in Film and TV Photography at the college explained why he chose the centre as his subject.

"It is on our doorstep and a venture which we considered hadn't received enough publicity."

In fact two of his students were so distressed by the handicaps they saw when they visited the centre for the first time that they withdrew from the project.

"The film," says Mr Kent-Robinson, "is a description of, and a general approach to, how the centre is run.

"The thing which has struck me during the four weeks we have been making the film is the need for patience by the people who are the helpers there, and doing so much. So many people would prefer to forget."

The film makers are still looking for a title but want it to reflect the fact that although the people in the centre are regarded as outside society, which puts a lot of emphasis on integrating them, "the fact is that they are already a part of the community."

The people at the centre took part in the making of the film with great zest, as they are well used to outside interest which is reflected in the steady stream of visitors.

"We wanted to get the film makers to do spontaneous filming and draw something from that," says John Hardwicke, "but it was a little difficult as they tended to come mainly during activity periods and didn't see the residential aspects."

The film crew which consisted of three students, under the direction of Mr Kent-Robinson, went on outings with the youngsters from the centre and on one occasion filmed

them relaxing watching "Top of the Pops".

The involvement of the students went well beyond the problems of film making.

"I showed one of the students a photo of one of our youngsters who used to be mobile but now was totally disabled and could move no more than two fingers," recalled Mr Hardwicke. "It moved him to tears."

Naturally, the youngsters at the Douglas Arter Centre are hoping the film wins the competition and makes them into television stars.

Even if it doesn't the links established with the College and the local community will have been further strengthened; and the new ground being broken in residential care publicised.

Whatever the film is called, it will show to many more people just why they can't afford to forget.

## Ronnie's fairway to raise funds . . .

RONNIE Corbett went a fairway towards getting the birdie when he clubbed together with fellow showbiz personalities at Foxhills Golf Club, Ottershaw.

More than 2,000 spectators watched the charity celebrity golf competition at the Surrey course which raised almost £7,000.

Half the money will go to the White Lodge Centre, Chertsey, which cares for spastic children up to the age of eight; the other half will go to the Woodlands Unit, Godalming, which helps mentally handicapped adults.

Teams led by Corbett, by film actor Robin Askwith, one of the Goodies, Tim Brooke-Taylor, wrestler Mick McManus, and actors John Lodge and Daniel Massey took part. Robin Askwith's team



won, with Ronnie Corbett's team a short way behind. It was the second year running a charity day has been organised at Foxhills and the increase in the amount raised from £4,000 last year.

## Briefly . . .

THE Queen visited the site of the Kielder Adventure Centre for the Disabled when she officially opened Kielder Reservoir in Northumberland. She saw demonstrations of sailing, canoeing and climbing skills by 27 young disabled people from schools in the area.

SANTA CLAUS came early this year to The Spastics Society. Country and Western singer, Colin Martin, who changed his name to Santa Claus when he became a full time Father Christmas, donated the proceeds of his sponsored trek, by bus and train, which took him 275 miles in one day on a £2.25 Wayfarer ticket, to the Society's North West regional fund.

GOOD neighbours in the Larches, Thundersley, Essex rallied around when they discovered that Treena Silvey, aged 11, needed support. Treena, who suffers from cerebral palsy, spends most of her life on her back because she can't support herself sitting up, but the money raised at coffee mornings in neighbouring homes has bought her a £200 inflatable body support.

## AA's new travel guide

PHYSICAL disability sometimes poses more problems for the fit and healthy than for disabled people themselves, says the Earl of Snowdon in the foreword to the AA's "Guide for the Disabled Traveller 1982."

Many people do not know how to react to disabled people and as a result many hoteliers and restaurateurs do not encourage them to book into their establishments.

But, says Lord Snowdon, who was President of the International Year of Disabled People, disability "must not be brushed under the carpet."

"Many hotel managers confide that, 'it's not me that's worried, but I have to think of my other customers . . .', when asked why it is they discourage bookings from disabled people, particularly the wheelchair-bound."

## Build

"Although IYDP is past, now is the time to build upon its foundations and put words into action. Greater awareness of the problems faced by disabled people must, in the long run, mean better facilities and services for them," he says.

The AA Guide lists 326 hotels and guest houses with accommodation suitable for those confined to wheelchairs and 87 with dining room facilities for disabled people. Other sections in the book cover motorway service areas, specialist toilet facilities and orange badge parking.

A new feature for 1982 is a section on the disabled traveller abroad which advises on travel and accommodation, underlining the need to plan well in advance.

The Guide is free to AA members from any AA office. Price to non-members is 95p.

# Take off for flying chairs



## Society wins big airline order

A SPASTICS Society innovation to make life easier for the disabled is about to take off in a big way.

Saudia, the national airline of Saudi Arabia, has just taken delivery of 20 lightweight wheelchairs specially designed and made at the Society's Salisbury works for use aboard airliners.

Until now a person in a wheelchair could get no further than the entrance to the aircraft. The Salisbury Works Chair, which is only 16 inches wide, compared to about 25 inches on a conventional wheelchair, will be able to negotiate the narrow aisles inside a modern jet.

Saudia is the first airline to use the chair but several others are expected to follow suit. The chair, which was

designed by John Singleton, research and design engineer at Salisbury is the only European wheelchair being considered by the international Access To The Skies Committee for recommendation on international routes.

The Salisbury chair has already been sent by the committee to airlines for evaluation and the Saudia order is the first fruit of this process.

It is envisaged that apart from airlines, ships and trains will also find the new chair a great asset, as will individuals and particularly young people.

The chair can be supplied with or without a self propelling wheel and a patented jacking device for the rear wheels.

● Pictured above: Works manager Peter Heaver with the first consignment of chairs.

## FORTHCOMING EVENTS

A "TRAINING Weekend" for disabled and able-bodied young people aged between 16-25 will be held at Hanover Lodge, Regents Park, from August 27-29, 1982.

Intended as a follow-up to a similar conference held at Goldsmith College in April 1980, the weekend is for young people who are already involved, or who wish to get involved, with projects on issues affecting disabled people.

The programme will include workshops and participation in such activities as the use of the media, design and printing, drama, computers, puppetry, etc, together with group discussions and outside speakers.

The specially subsidised cost of this weekend is £10. For further details and application form contact: Sue Kendall at The Spastics Society, 16 Fitzroy Square, London W1P 5HQ (01-387 9571).

CASTLE Priory College, the staff training centre of The Spastics Society in Wallingford will hold a special Activity Day on Saturday July 17.

The Activity Day takes the form of several sessions including music, creative work and environmental studies all with a connected theme. The idea of the day is to provide fun and enjoyment for children and adults, their friends and families, whether handicapped or not, by involvement in the various activities. At Castle Priory there are extensive grounds, where the main events take place, with fine lawns along the banks of the Thames. As well as meeting people, there is the opportunity to explore the extent of one's skills in various activities.

All are welcome on this special day, and the entrance fee of £3.50 includes refreshments during the day and a full lunch.

For further details of the day, with times and a booking form please contact: The Principal, Castle Priory College, Thames Street, Wallingford, Oxon. OX10 0HE. Telephone: (0491) 37551.

THE International Cerebral Palsy Society is holding a seminar in conjunction with a Belgian centre for special education on the theme of Disability and The Family, at Namur in Belgium from Wednesday, September 29 to Saturday, October 2, 1982, with participation limited to 100 people. The total cost, including accommodation and meals, will be £50 and those interested should contact: J. J. Detraux, ULE, 50 Avenue Roosevelt, BatD(CP 122), Bruxelles, 1050, Belgium.

A SPORTS, Recreational and Leisure Weekend will be held at Ingfield Manor School, Five Oaks, Billingshurst, West Sussex on July 31 and August 1, 1982, organised by The Spastics Society (South East Region). Events include a barbecue and disco as well as wheelchair dancing and hockey, football, archery, rifle shooting, yoga and field events. Local clubs and societies will give demonstrations and video films, inflatables, a treasure hunt, a wheelchair nature trail and a talent contest also figure in the programme.

Day visitors are welcome but there are also some residential places at a cost of £12 for the weekend, if staying in the house or £6 if camping. Tickets for the barbecue and disco cost £1. Enquiries to Mr W. S. Eades, 69 Wilbury Avenue, Hove, E Sussex BN3 6GH. Telephone Brighton 778229 (between 9.30 and 1.30).

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# Heinz meanz cash for Society's campaign

**BEANZ meanz cash to The Spastics Society's "Save a Baby" campaign.**

Heinz's latest variety of charity label raised £42,390 for the Society, and at a ceremony at the Paediatric Research Unit, Guys Hospital, London, Mr Colin Chamberlain, General Manager, Trade Operations for H. J. Heinz, presented a cheque to Andrew Ross, The Society's Director of Marketing.

The special charity labels appeared on nine different Heinz products and purchasers who sent in labels were asked to nominate one of 12 charities.

In total, 37 million labels were redeemed and The Spastics Society received 4.2 million "votes," only Save the Children Fund receiving more.

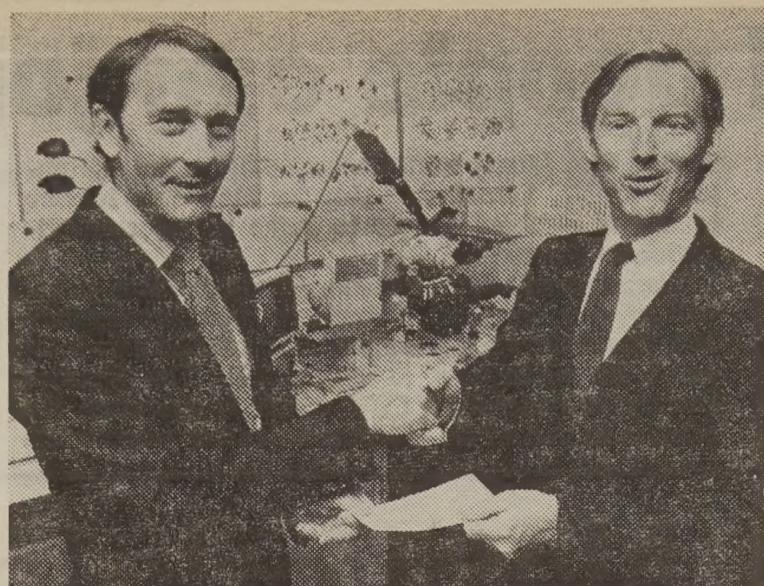
The money received is being distributed throughout the country to buy equipment to aid the campaign to save a baby, as follows:

Location: St James University Hospital, Beckett Street, Leeds. Equipment: Ultrasound machine (part). Sum: £5,000. Hope Hospi-

tal, Eccles Road, Salford; EMS skin oxygen monitor; £3,500. Special Baby Care Unit, Princess Anne Maternity Hospital, Bolton: equipment for the Special Baby Care Unit £3,500. Sorrento Maternity Hospital, 15 Wake Green Road, Birmingham: Sechrist ventilator £4,000. Luton and Dunstable Hospital: Bourne infant ventilator; £5,000. Bristol Maternity Hospital, Southwall Street, Bristol: baby brain scanner (part); £5,000. Gloucester Royal Hospital, Maternity Unit: foetal heart machine (part); £1,000. University of Southampton: blood and gas monitor (part); £5,000. University of Wales Hospital, Heath Park, Cardiff: CO<sub>2</sub> monitor; £4,000.

At the same time as receiving the cheque from Heinz, Andrew Ross presented another cheque for £25,000 to Professor Paul Polani, Director of Guy's Paediatric Research Unit, which carries on research into the causes of congenital handicaps.

The money, which was also raised by label redemptions from Heinz baby foods, and presented recently to the Society by actress Susan Hampshire,



• Colin Chamberlain of H. J. Heinz presents the £42,390 cheque from the label campaign to Andrew Ross, the society's Director of Marketing.



• Then it was Andrew's turn — to present a cheque for £25,000 from the baby foods promotion to Professor Paul Polani.

will go towards expanding and computerising the unit's cell bank.

This bank is a repository of cells which are frozen and can be kept virtually indefinitely, representing a "library" of living information gathered from all the patients whose problems are studied and treated at Guys:

There are an enormous

number of congenital diseases and research at Guys concentrates on the two broad areas of chromosome disorders and genetic malfunctions.

The cell bank is invaluable for comparative studies and means that even the cells of people now dead can be kept and may provide valuable information to help handicapped children yet unborn.

# Fund raising takes off to new heights

**SUPPORTERS** of The Spastics Society in North East England are currently taking fund raising to new heights.

The idea they have plucked out of the air is the sponsored massed parachute jump.

So far 46 intrepid volunteers, none of whom has jumped before, have taken the plunge raising £4,000 in sponsorship money.

Another 20 are planning to make the jump between now and the end of July. All are paying £32.50 for the privilege, to cover the cost of the planes and the training.

The idea was the brainchild of Mrs Charlotte Clinton, the Society's appeals officer in the North East region, who very wisely did not make the jump but sent her husband, Ray, a bus driver, along instead.

"I volunteered to hold a mattress for him to land on," said Charlotte, "but unfortunately it was windy and I didn't know where he was going to land."

"He landed on his bum and is limping a bit but wants to go back and make

another jump. The doctor says he had better wait for a bit."

The sponsored jumps are being made with the help and guidance of Sunderland Parachute Centre which put the volunteers through a training course before they jump.

Of the people who have made the jump so far, including three women (a barmaid and two clerks), the injury toll, apart from Ray Clinton's rear end, is one broken ankle and a few bumps and bruises.

"The Parachute Centre tells us," says Charlotte Clinton, "that is normal."

Only one of the volunteers actually succumbed to fright on the day of the jump and demanded her sponsorship papers back.

On being persuaded to carry on she jumped the next day, and landed right in the middle of the gravel pit used as the target for the top parachutists!

So far two of the volunteers have gone back to make another jump while four more are now planning to work towards a sponsored free fall.

For fund raisers in the North East, not even the sky is the limit.

# Families sought for adult 'adoption' plan

LEEDS families are being invited to "adopt" a handicapped adult under a new fostering scheme to be launched by the City Council.

The families would look after the handicapped person for periods of about two weeks in order to provide a change of scenery or to give the usual carers a break. The Council offers one of the widest range of fostering schemes in the country and already runs

similar successful projects for the elderly and for mentally handicapped children.

The new scheme will cater for people aged between 16 and 65 who had a long-term handicap, and who are either living on their own or with relatives.

Families who take part will receive about eight hours of training and will be paid an allowance of £50 a week. No previous experience is necessary — just a caring nature.

# Action Week to aid wives caring for disabled

A WEEK of Parliamentary Action is being organised by a number of voluntary organisations, including The Spastics Society, to end discrimination against thousands of married women who are caring for disabled relatives or friends and those who are disabled themselves.

The aim of the Week, to be held from 12th to 16th July, is to highlight the considerable hardship which women are suffering because they are unable to claim Invalid Care Allowance or to have an automatic entitlement to a non contributory invalidity pension simply because they are married.

Married women have to undergo a "household duties test" for a special Housewives Non-Contributory Invalidity Pension (HNCIP).

Both benefits stand at £17.75 a week but are due to rise in November.

All single or married men, friends and single women caring for a disabled person can claim ICA, but married women

cannot do "normal household duties". Recently the regulations were tightened and, as a result, many severely disabled women do not receive HNCIP. The definition of "household duty" is arbitrary and complex and leads to many appeals. Worse still, the harder women try to help themselves in the home, the less likely they are to get HNCIP.

HNCIP was referred to the National Insurance Advisory Committee in December 1978. Their Report published in July 1980 recommended the phasing out of the "household duties test" or the introduction of an alternative test which did not discriminate on the grounds of sex or marital status. The government is still considering the report, two years later!

During the Week of Parliamentary Action, which will mark the second anniversary of the NIAC Report, it is hoped that individuals and organisations will write to their MPs asking for their support for the extension of ICA to married women and the abolition of the household duties test.

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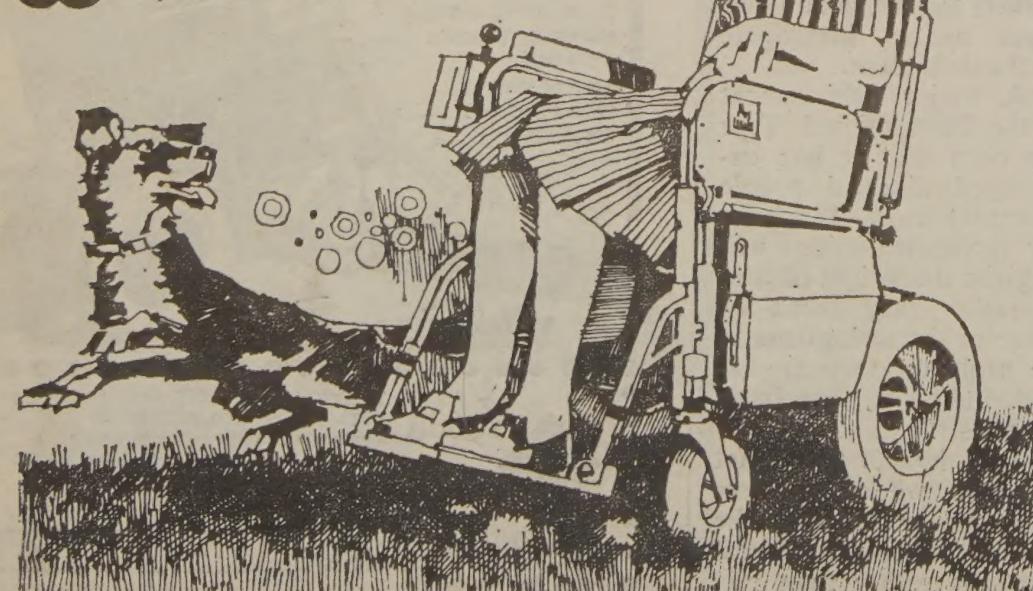
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# Care of new born — Society wins vital concession in 'Save a Baby Week'

WITH "Save a Baby" Week in June, the Spastics Society successfully launched the latest initiative in its campaign to improve

the British Way of Birth.

The aim of the week, to launch the third phase of the Society's "Save a Baby" campaign, bore immediate fruit by stimulat-

ing the long overdue announcement from the Department of Health and Social Security that it will publish a timetable for minimum standards of obstetric and neonatal care.

One of the main objec-

tives of the current campaign is to promote good practice in antenatal care and to this end, as part of the special week, 16 conferences were held in each Regional Health Authority area.

The conference held at St Georges Hospital, Tooting, was attended by the Under Secretary of State at the DHSS, Mr Tony Newton, who made the announcement about the timetable.

Earlier, Lewis Carter-Jones, MP, a staunch supporter of the campaign initiated an adjournment debate in the House of Commons drawing attention to the need for minimum standards of obstetric and neonatal care.

In all 16 regional conferences the message was the same: minimum standards are essential if the health and wellbeing of future generations is to be safeguarded.

Another highlight of the week was the premiere of the new Spastics Society film *A Question of Con-*

## Care of mothers — Society's new film has 'human touch' message for NHS

GIVING back their birthrights to the women of Britain is the theme of a new film produced by The Spastics Society.

The film "A Question of Confidence" written and directed by Nigel Evans, given its premiere during the Society's "Save a Baby" week in June, is a graphic demonstration of not only why the Health Service needs humanising but how it can be done — at little cost.

The alienation of British women from the maternity services is a problem of growing concern as there is a clearly established link between perinatal death and handicap and inadequate ante-natal care and advice.

Many of the women at risk are the working class mothers employed at shop floor level in manufacturing industry who are deterred from using the existing antenatal services due to fear of losing wages, lack of information, and the way the services often tend to be run as a sort of inefficient imitation of battery farming.

Nigel Evans, in his film, by concentrating on some examples of how the job should be done has created a damning indictment of how so often it isn't.

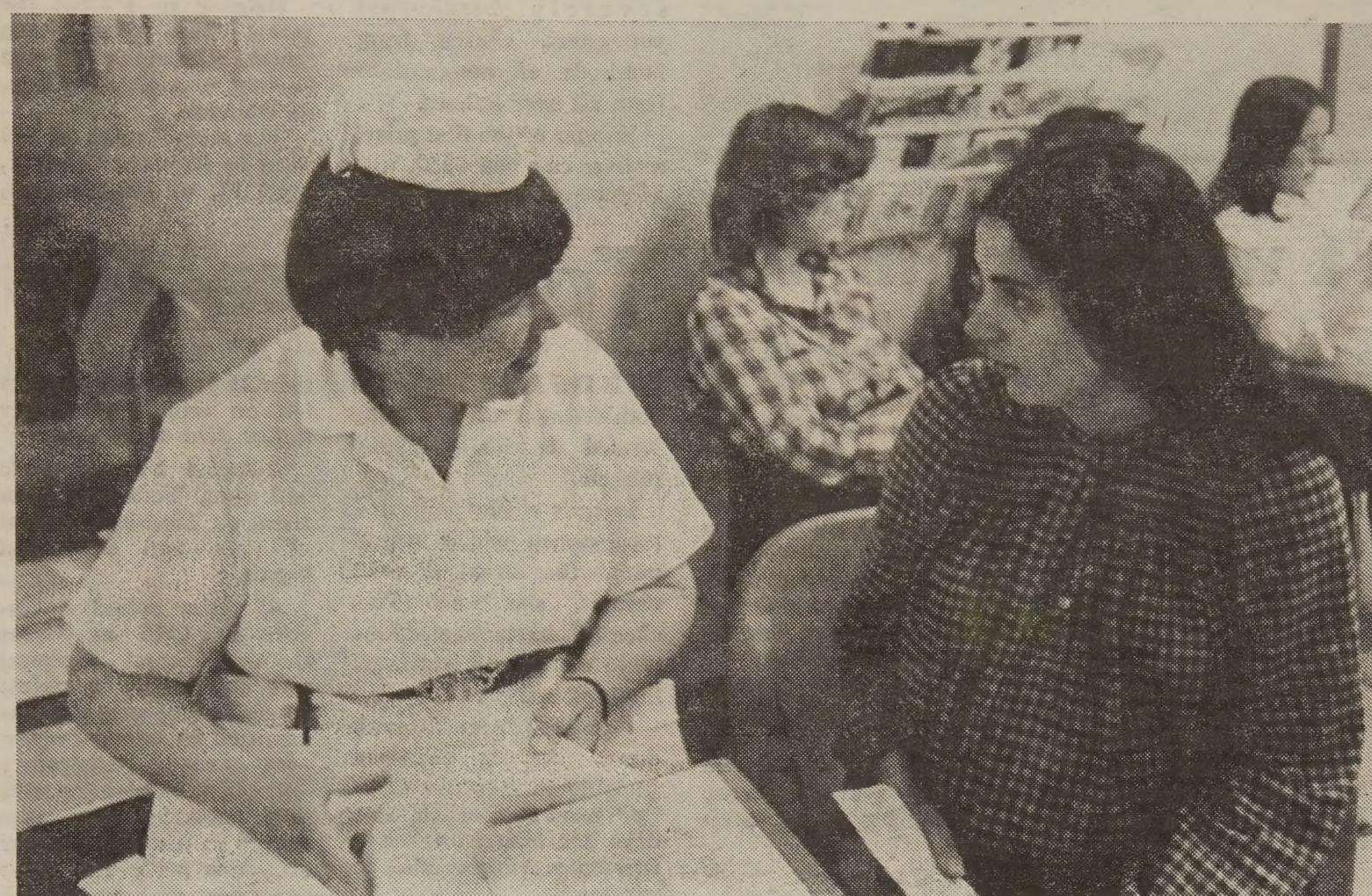
The film concentrates on the good antenatal practices at the Sighthill Scheme for Antenatal Care in Edinburgh, at St George's Hospital, London, and Kings College Hospital, London.

All three, while differing in the way they are organised, recognise the practical needs of pregnant women, emphasise the continuity of care and concentrate on good communications not only with prospective mothers but with other professionals.

The Sighthill scheme has produced some dramatic improvements by basing its care in the community involving more closely both midwives and GPs, allowing consultants more time to see women at risk, improving communications and, with it, confidence.

Before the scheme was introduced only 63 per cent of pregnant women were seen before the 16th week of their pregnancy; now the figure is 95 per cent.

Attendances at clinics have risen dramatically, while the figures for perinatal mortality have



• SISTER Caroline Flint, at work in the clinic at St George's Hospital, Tooting. A scene from the film, *A Question of Confidence*.

dropped equally dramatically.

Before the scheme the perinatal mortality rate was 27 per 1,000; now it is eight per 1,000.

And all this has been achieved, points out Dr Ian McKee, one of the GPs involved in the scheme, not at more cost but at less.

"We have needed about half an extra midwife but there have been great savings because the numbers of beds occupied in hospitals has dropped substantially," he said.

The improvements have been mainly due to encouraging the local women to seek antenatal care, through such simple devices as situating the clinic near to those with transport difficulties, providing creches, advice and support for special needs and above all making the

women feel like human beings.

The emphasis is also on humanity in the other two care teams featured in the film.

Sister Caroline Flint has at St George's Hospital, Tooting, created an antenatal clinic which reflects her own warm, effervescent and happy nature.

The total cost to the hospital was the bill for nine extra sets of bathroom scales. The foetal models, avidly studied by the mothers, the creche and refreshment facilities, the films and video displays come free as does the individual attention.

The young mothers-to-be not only benefit from a marked reduction in waiting time and explanations of why when they do have to wait, but can meet in the atmosphere of a friendly social club, other mothers

with similar problems

"At present," says Sister Flint, "a woman can meet 40 different members of staff during the whole process of having a baby. I want the clinic to look like a social club when they walk in.

"Things would change radically if midwives knew their women and women knew their midwives."

At Kings College Hospital, as the film shows, the emphasis is also on individual attention and humanising influence but the special clinic there deals with pregnant teenagers.

What stands out from the film is not only that the mothers-to-be are so obviously pleased at finding they are being treated as people rather than products on a conveyor belt, but how that invisible curtain between doctor and patient and between doctor and midwife had been lifted, by the simple expedient of allowing people time to be human.

The process of communication and inter-personal sympathy doesn't only begin at the clinic, however, as a video made by the Scottish Health Education Group demonstrates.

The video, "The Fight Against Perinatal Death and Handicap — What Industry Can Do," traces the progress of a far-sighted scheme introduced at Strathclyde Bonded Warehouses Ltd to encourage

women workers who became pregnant to seek adequate care.

Not only do women at the warehouse receive pay for attending antenatal clinics, they are given free milk daily, advice, and permission to leave five minutes early to avoid the factory gate crush.



confidence, written and directed by Nigel Evans, which highlighted the ways in which good antenatal care can not only improve health but save money.

After the premiere of the film there was a special showing for MP's at the House of Commons.

The need for the improvements proposed by the "Save a Baby" campaign was brought home during the special week by reports that babies are being turned away from neonatal intensive care units.

The Spastics Society has asked its new HERA unit which researches into handicap prevention to investigate urgently reports that some babies may have died due to a lack of intensive care cots.

The investigation will form part of an overall assessment by the HERA unit, under Dr Nick Sidle, of neonatal care in Britain.

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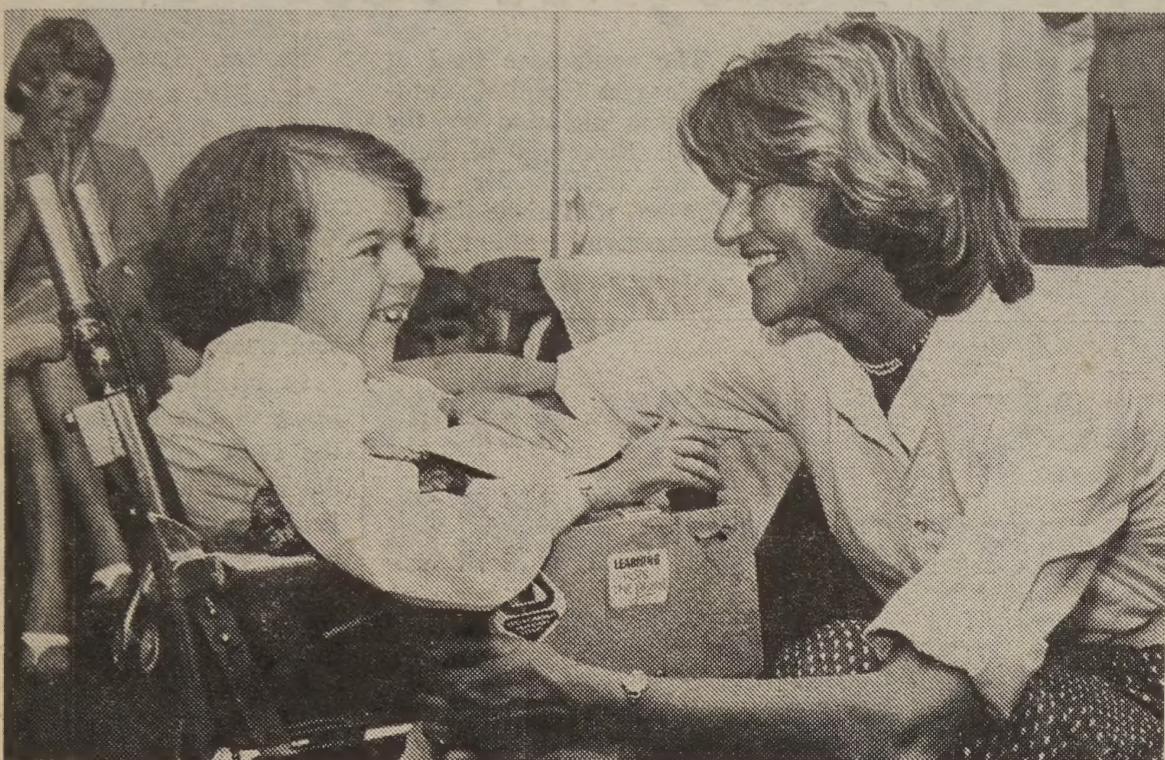
Vessa Limited, FREEPOST, Paper Mill Lane, Alton, Hampshire GU34 2PY. Tel: (0420) 83294.

## You can see the film

"A Question of Confidence," 16mm colour 27½ mins), is available for hire free of charge from: Viscom Ltd, Park Hall Road, Trading Estate, London SE21 8EL. Tel 01-670 6161; or Concord Film Council Ltd, 201 Felstowe Road, Ipswich, Suffolk IP3 9BJ. Telephone 0473 76012.

Attendances at clinics have risen dramatically, while the figures for perinatal mortality have

# Spastics News salutes the Achieve



● Second prizewinner Rebecca Osborne with Lady Ewart-Biggs, one of the Achievement Award judges.

## 'She won't waste a minute of life'

A FAMILIAR sight in Port Dinorwic, Wales, is little Becky Osborne out visiting, expertly steering her electric wheelchair while pushing her doll's pram in front of her.

For 11-year-old Becky, runner-up in the Achievement Award, may be tiny, weighing only two stone, but she has a giant sized determination to enjoy life and the will to conquer physical handicap.

Suffering from Spinal Atrophy Werdnig Hoffmann Syndrome, she is unable to sit up unaided or stand or walk. Her legs are bent permanently in a sitting

position, her backbone is in the shape of a letter S and one rib cage is caved in.

Pain or discomfort are a permanent companion but Becky has discarded any idea of complaining in order to get on with life.

"She is a wonderful child, so happy, so content with life and will not waste one minute of it," says her mother Mrs J. Osborne. "She will not even lie down in the afternoon as she says it is a waste of time."

Becky belongs to the Girl Guides and has acquired nine badges including dancing and cycling — she did both in her wheelchair. Becky also belongs to a youth theatre and because she learns her lines so quickly is given very long and difficult roles. Her big ambition is to be a dance choreographer and she has a natural flair for movement and dance.

The Special Achievement Award has already got Becky planning new ventures. She is going to put her prize money towards buying a computer!

## 'She carries sunshine'

ON being told she could acquire a certificate if she climbed to the top of Scott's Monument in Edinburgh Victoria Wilkinson promptly went up the 164 steps.

Nothing very special in that, you might think, except that 14-year-old Victoria is a very severely handicapped child.

Her indomitable spirit has earned her a share of the third prize in the annual Achievement Award.

"She has an outstanding personality," says her mother, Mrs G. Wilkinson, "is full of determination and courage and carries sunshine wherever she goes."

The hardships which Victoria has overcome are truly formidable: for two years she lived and slept in a spine brace; prior to being given a spinal fusion she had an operation fitting her with a halo brace, a contraption which was bolted into her skull and hips.

In plaster for six months and suffering horribly from an infection she did her homework lying on her back and continued to smile.

Unable to touch the bottom of the swimming pool, she has nevertheless learned to swim and gained her



● Victoria Wilkinson, a third prizewinner, receives her award from Mrs Joyce Smith, Chairman of The Spastics Society.

preliminary swimming certificate.

Determined to sell the highest number of raffle tickets for school funds before Christmas, she won the prize offered, at the cost of bronchitis contracted through going out in the cold and wet.

Victoria, however, is not in the habit of feeling sorry for herself and is now begging to be allowed to learn horseriding so she can win the Duke of Edinburgh's Award.

"She plans a busy life," says her mother.

## 'Example of proud courage'

ANDREW Smart, aged 14, is riding high.

Born with spina bifida, Andrew, after six major operations, not only learned to walk but took up riding, too.

So successful was he that he is now an accomplished horseman, riding weekly, and spending Saturdays at a local riding school grooming, tacking and riding a pony owned by a Riding for the Disabled group.

At his school, King Edward VI Grammar School, in Stratford,

THE top ten children of courage have received recognition from The Spastics Society.

In a ceremony at the London headquarters, the Society's annual Achievement Award, marked the exceptional efforts of 10 severely handicapped youngsters, chosen from hundreds of nominations from all over Britain.

Winner of the first prize, a silver cup and £250, was 14-year-old Lindsay Gladwin.

win, of Aslacton, Norwich.

She was chosen by a panel of judges consisting of Lady Ewart-Biggs, widow of the assassinated British Ambassador to Dublin, Esther Rantzen, television personality, Keith Wickenden, Conservative MP for Dorking North, and Douglas Cameron, broadcaster.

Helping to present the prizes were Mrs Joyce Smith, Chairman of the Society, and Mr Tim Yeo, its Director.

The second prize of £50 went to Rebecca Osborne, aged 11, of Portdinorwic,

Gwynedd, Wales, while the third prize of £25 was jointly awarded to David Marshall, aged 15, of Chester-Le-Street, County Durham, and Victoria Wilkinson, aged 14, of Dent, near Sedburgh, Cumbria.

The remaining finalists, who each received a commemorative medal, were:

Andrew Smart, aged 14, of Stratford-on-Avon, Warwickshire.

Ian Sage, aged 15, of Warlingham, Surrey.

Mark Read, aged 13, of Knuzden, near Blackburn, Lancs.

Claire Pitcher, aged five,

## Top prize for Lindsay

LINDSAY Gladwin's Achievement of the Year Award is an everyday miracle.

In spite of hardships and misfortunes which would make the strongest man despair, she remains cheerful, has a tremendous sense of fun and confronts life head on.

Paralysed from the neck down, she is currently studying to take her GCE "O" level in English, and does her homework on a typewriter using a stick in her mouth.

Using the same method, she is also writing stories which, she says with a smile, "tend to go on and on."

In January last year she did a sponsored type, using a suck/blow typewriter, which raised £1,000 for the "Blue Peter" appeal for the disabled, and won her the Blue Peter Gold Award.

Lindsay was born with a tumour in the spine and her right arm, which was useless, was amputated when she was two years old.

Shortly before this operation her mother died and

then 2½ years later she was left an orphan when her father died of cancer.

Adopted by her uncle and aunt, Vera and Alan Hendry, Lindsay's ordeal of pain had only just begun.

A major spinal operation in 1978 at Great Ormond Street Hospital was the last of a series; the following year she was admitted to hospital again with acute respiratory difficulties. During the next four months she was rushed to hospital on four occasions with the same condition and in March 1980 she was semi-conscious for 10 days.

Yet, in the words of Margaret Dixon, a friend of Lindsay's parents, who nominated her for the Award, "Lindsay has remained cheerful and still has a tremendous sense of fun."

If the courage of Lindsay herself is difficult to comprehend for any able-bodied person and is anyway masked by her delightful smile, Margaret Dixon points also to the selfless devotion of Vera and Alan Hendry.

"I admire the courage of my friends," she says.



● ANDREW



● Lindsay — winner of the

## A boy who... on winning

MARK Read just can't help winning awards.

His Special Achievement Award comes after Mark, aged 12, has already been voted East Lancashire's Disabled Person of the Year as well as the Shadsworth Sports Centre "Personality of the Year" award.

The medals he has won competing in disabled sports competitions number 26 gold, 20 silver and eight bronze.

Mark is confined to a wheelchair, had 10 operations before he was seven and like so many handicapped children finds his outlet in sport.

Swimming and table tennis are his favourite sports but he is also the proud owner of a menagerie consisting of three dogs: a St Bernard, an Alsatian and a mongrel; two cats and a budgie.

# Special Achievement Award children of courage

## STAGGERED AND IES OF TRIUMPH

Essex.  
ert Murray, aged 13,  
raham Wood, Hert-  
ire.  
l Davis, aged 13, of  
ng, Berkshire.  
the award ceremony,  
im Yeo, Director of  
astics Society, con-  
ting the 10 finalists,  
at the award was  
ed to pay tribute to  
tremendous courage  
my children in face of  
seems to outsiders  
helming disability,  
nd distress."

pointed out that the  
award scheme was  
oping stone for the  
en who participate;

two of the previous finalists  
had become authors and  
regular contributors to  
various journals while  
others had been stimulated  
into entering literary com-  
petitions.

"It does seem that taking  
part in the awards opens  
new horizons for many  
contestants," he said.

For the first time this  
year the judges met the  
finalists at a special lunch  
before making up their  
minds.

Lady Ewart-Biggs said  
that the job of the judges  
had been "quite, quite  
impossible" and extended  
her congratulations not

only to the finalists but to  
the parents and relatives  
who helped them face up  
to their handicaps.

Esther Rantzen, who is  
the presenter of BBC TV's  
programme "That's Life,"  
said: "This is one of the  
happiest afternoons of my  
life, to see such triumphs  
by so many people."

"We were staggered and  
deeply impressed by every-  
thing you have done," she  
told the contestants.

"It has been most inspir-  
ing to see how much you  
have achieved, things  
which we able bodied  
people would not be able  
to emulate."

## More operations than birthdays

ROBERT Murray has had  
more major operations  
than he has had birthdays.

He is only 13 years old  
yet has endured 15 major  
operations on his legs.

The Special Achievement  
Award he received is  
fitting recognition for rare  
courage which has enabled  
Robert to win two gold  
medals at the Stoke Mandeville  
Junior Games as  
well as certificates for  
swimming, wheelchair  
slalom and the 60 metres  
dash.

Born with multiple frac-  
tures, Robert's legs and  
arms were grossly de-  
formed. Having exper-  
enced 98 fractures he has  
never been able to walk  
but, in the words of his  
mother Mrs B. Murray,  
"remains a very happy and  
courageous little boy,  
determined to do as much  
as possible for himself."



● ROBERT

regardless of all the pain  
he has to endure."

Robert is very proud of  
his athletic achievements.  
"But not as proud as we  
are of him," says his  
mother.

## He gives 'hope and confidence'

PAUL Davis is a good  
sport.

Prior to coming to  
London from Reading to  
receive his Special  
Achievement Award, he  
spent a whole day out  
caving near Bristol, leaving  
his home first thing in  
the morning and not returning  
until the early hours of  
the following morning.

Paul, who has spina  
bifida, has taken part in  
the Kennet Games, is a  
keen horse rider and  
archer and has certificates  
for swimming and basket-  
ball.

Yet everything he has  
achieved has been at great  
personal cost in pain, but  
invariably played down  
with a "Don't worry  
Mum, I'll be alright."

He goes to football  
matches, plays bingo with  
disabled adults and recently  
went collecting in his



● PAUL

wheelchair for charity at a  
local Rag Day.

His mother, Mrs B.  
Davis, who also has four  
other sons and five daughters,  
has little doubt of the  
beneficial effects of Paul's  
cheerful disposition and  
sense of humour.



● Claire Pitcher receives her commemorative medal from Mr Tim Yeo, Director of The Spastics Society.

## 'Shining light of a child'

LITTLE Claire Pitcher is  
making a second assault on  
her own personal Everest.

The summit of her  
ambition is to be able to  
stand.

Claire, aged five, is one  
of spina bifida twins (her  
sister Karen is less handi-  
capped) and received her  
Special Achievement  
Award for the way in  
which she is fighting back

after a cruel disappoint-  
ment.

After an operation which  
inserted rods in her spine,  
bone grafting and many  
months encased in plaster  
she tackled the problem of  
trying to stand.

Proudly she took her  
first faltering steps and  
soon was daily making the  
trip to her sister's school  
until sadly a year after the

operation she was back in  
hospital again in great pain.

The same major surgery  
had to be repeated, and  
Claire, undaunted and still  
smiling, is preparing once  
again to learn to stand.

"We all pray," says one  
of the mothers at her  
school, Mrs Jill Wilson,  
"that this little shining light  
of a child will be able to  
stand one day."

## Determined to help others

DAVID Marshall is the  
golden boy of wheelchair  
athletics.

David, who shared the  
joint third prize in the  
Achievement Award, has a  
haul of medals won in  
national competitions  
which consists of 16 gold  
medals, six silver and two  
bronze.

Sport has undoubtedly  
been the catalyst for the  
courage and determination  
which has made David an  
example for everyone,  
whether disabled or not.

Born with severe  
deformities of legs, feet,  
arms and hands, which con-  
fine him permanently to a  
wheelchair, David has  
suffered 27 operations and  
endless hours of physio-  
therapy but discovered  
while at Cedars Special  
School in Low Fell, near  
his home in Chester Le  
Street, the love of his life-  
sport.



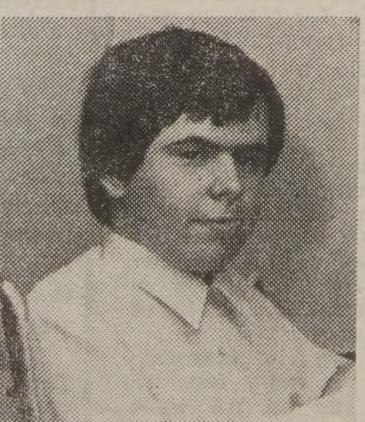
● The Society's Chairman, Mrs Joyce Smith, presents David with his third prize.

By the age of eight he  
could swim a mile; at 12  
he began training for  
javelin, discus and various  
other wheelchair events.  
On holiday in Spain he  
raised £525 from other  
holidaymakers by doing a  
sponsored swim, although  
he had never swam in the

sea before.

Having already raised  
enough money for his own  
electric wheelchair David  
decided to go ahead with  
another planned sponsored  
swim, of a mile, to provide  
a chair for another handi-  
capped child who can't  
swim for himself.

## Ian looks to the future



● IAN

IAN Sage likes beating the  
odds.

Born with the severest  
form of muscular dys-  
trophy medical opinion  
said that he couldn't pos-  
sibly retain the use of his  
legs past the age of 10.  
Ian was 12 years old before  
making the inevitable  
retreat into a wheelchair.

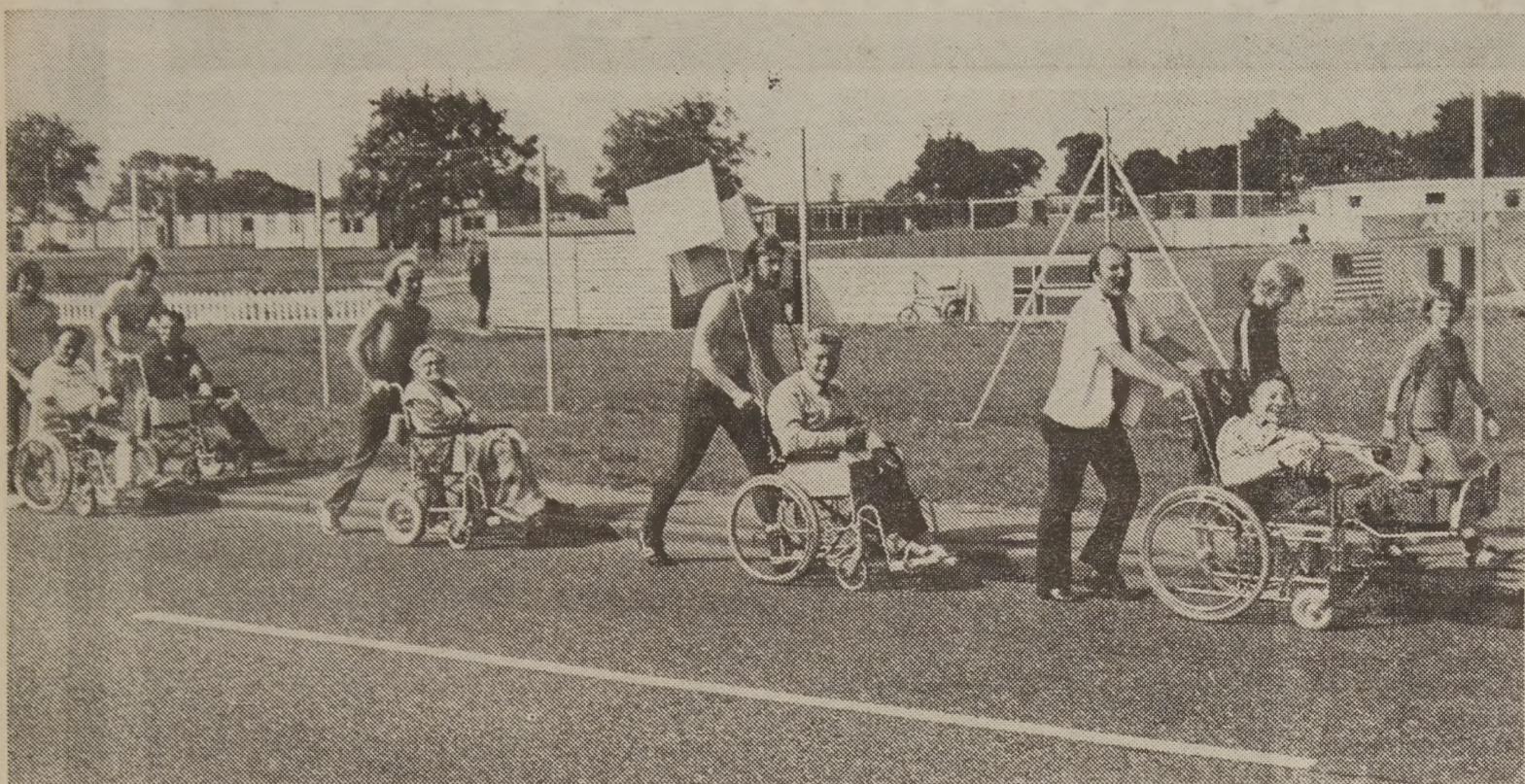
His handicap puts Ian,  
now aged 15, at a great  
disadvantage but he refuses

to accept that he will be  
too weak to work and is  
already planning a career  
in computers.

He still struggles to use  
his muscles, has agreed to  
become a "guinea pig" in  
a new drug trials and has  
inspired his family with his  
courage and determina-  
tion.

Ian Sage intends going  
on beating the odds. With  
him it is always "When I  
walk again" and never "If."

# Wheelchair push to help their centre



## Motoring by John Byworth FOR AID IN A HURRY — JOIN THE CB SET

THIS month I have taken a break from motor cars to look at Citizens' Band radio, which is now becoming almost a standard fitting in car enthusiasts' vehicles.

CB was illegally imported into Britain from America in the late 60s with a language and secretive code system known only to the users. Government resistance and prosecutions resulted in a national campaign to legalise CB. One of the arguments used was that it would be a great help to housebound disabled people and would enable the disabled driver to summon help if he should break down.

Well, that campaign was a success, and CB was legalised with a once only £10 licence fee. I decided to investigate the original arguments and establish if it has made a significant difference to the disabled community.

To start my investigation, I went along to a London "breaker" eyeball club session. (Notice how the language has crept in already.) To my surprise I found "breakers" (CB enthusiasts) to be nice people, who are not only prepared to share their knowledge but also physically help each other.

To my surprise there are several disabled users in my area, who spend many hours each day on the air helping other "breakers," passing on messages or giving directions to lost motorists who call up for help.

I went to see one of these members and found an elderly lady with arthritis. She enthusiastically told me of all the new friends made through the use of a radio, first purchased by her son who had lost interest. She pointed out that as people could not see her, she could talk on equal terms with anyone.

To test the second part of the argument we installed a

cheap CB set, bought from the local supermarket, into a Government issued type "Mini" automatic and went for a country ride. The radio worked well, both receiving and transmitting over some considerable distance.

When parked in what we thought was the middle of the country, it was still possible to raise another "breaker," who, when questioned, said he would certainly be prepared to find and help a disabled driver or pass a message to a garage by telephone.

My driver was extremely impressed by this and now thinks all disabled people like himself, should have a CB radio as basic equipment. He told of the night he had broken down on the North Circular Road and spent a worrying hour waiting for someone to stop and help. The fear of most drivers who are confined to a wheelchair is of breaking down on a country road and spending a cold night waiting for rescue.

I was pleased with the way this equipment worked, but from the safety point of view, I must stress that a radio should not be operated when moving by a driver using hand controls. We had to stop and untangle the mike from the steering wheel. The set should also be placed close to the driver as the channel change knob requires regular use to switch from the contact channel 14 to another channel for conversation.

Due to the early popularity of CB there is now a considerable choice of equipment and gadgets, particularly suitable for disabled people. A visit to a specialist CB shop for some free advice, before spending what can be considerable sums of money, would be advisable. This would be the best way of starting what proves to be for some people a very satisfying hobby.

The radio tested was a Harvard 402 at £49 from a supermarket chain with a Ranger aerial at £7.50. Brackets, speaker and mike were included with the radio. The connection in the car was simple with one wire to the radio outlet on the ignition switch. No holes were required on the outside of the car.

A book on the language would be a help, but we picked it up as we went along. The main thing is not to be afraid of making a fool of yourself at first — after all, nobody can see you or know where you are talking from.

THE start of a marathon effort for staff and residents of Wakes Hall, the residential centre run by the Stars Organisation for Spastics.

They set out on their fund raising marathon wheelchair push from the centre at Wakes Colne, in Essex, and arrived to a welcome from the redcoats at Butlins Holiday Camp in Clacton almost nine hours later, after covering 26 miles.

The £1,000 raised in sponsorship will go towards a new project to build two more bungalows at the centre, which will cost £40,000. One of these bungalows will be occupied by Jim Bennet and his wife Joan, who now live in a bedsit.

For Stephen Richardson, Principal of Wakes Hill, the marathon turned out to be a wearing experience.

He set out driving one of the two ambulances which accompanied the wheelchairs, but, when two of the pushers dropped out with pulled muscles he substituted for one of them and pushed one of the wheelchairs for the last 12 miles. He said:

"I had put on my best leather shoes for the occasion and the soles were completely worn through."

## Breakers take to the air!

IT is a short step out of the plane but a long drop to the ground when you are cruising at 2,500ft but Canary City Breakers were flying high for the Norfolk and Norwich Spastics Association. The enthusiasts of Citizens Band radio took to the air for a sponsored parachute drop which boosted NANSA funds by more than £2,000.

For the 24 taking part more used to manipulating aerials and dials and microphones, there was an intensive day-long course prior to the jump to familiarise them with the intricacies of the parachute release, and landing. Appropriately enough on the day one Canary managed to roost in a tree at the end of his descent, and another less lucky broke an ankle as he returned to earth.

### Again?

They were all aged between 18 and 35 and jumped three at a time from a Cessna belonging to Martlesham Parachute Club, at Flixton.

Organiser of the event was Bob "Huggy Bear" Edwards, the Canaries' chairman, who said: "Believe me, it is a long way up. When I got into position to get out of the plane, I thought 'I cannot stop now.' It takes your breath away when you leave the plane until the parachute opens. It is a fantastic sensation and I want to do it again."

And the names of the two unfortunate Canaries who made a less-than-happy landing were an Ian Clodd and a John Fitt.

# Society advises pioneers in Chile

THE Spastics Society of Chile is barely one year old but already it has achieved its first success story.

Facilities for helping and treating the disabled are very limited and many families are too poor to take advantage of the scant facilities available. Initially through work being done by a local church, the Society discovered a two year old, who, because of his parents' dire poverty and lack of knowledge had lain helpless in bed throughout his short life.

The Society arranged for him to be seen by a doctor, an operation followed and the child now walks.

The Society has its origins in the birth of Christopher nine years ago to David Stroud and his wife, Christine. David is Finance Director for Coca Cola in Santiago, an Englishman who has lived abroad for the last 13 years, and who moved to Chile 18 months ago.

Christopher was born with the cord wrapped round his neck and there was obvious lack of oxygen. The Strouds were prepared for the worst and when Christopher reached eight months, it was obvious that there had been damage. He has relatively mild cerebral palsy and cannot walk or control his hands and arms effectively and his parents brought him to London for treatment at the Bobath Centre.

So far the Society in Chile has 200 members meeting at David's house and his wife is the President. On a recent visit to London they called in at Society headquarters because they hope to establish the Chilean Society along the same lines.

David explained: "We don't know very much about running a Society and so I thought I would come and find out as much as I can."

"We hope to get a local centre going to give therapy and then a school and work centre. Also there is the question of a home for when there are no longer parents or family to care for spastics."

"We feel things can be done in Chile to help others who may not have the money or the knowledge to seek treatment."

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## Ulster homes opened – and more to come

IN spite of all the troubles besetting Northern Ireland, the future of handicapped people is not being overlooked.

The first housing estate in Ulster to provide integrated housing for the disabled has been opened by David Mitchell, MP, Minister for the Environment in Northern Ireland.

This scheme, at Bangor, County Down, consists of 14 dwellings, nine of which are for the disabled, on a site overlooking a magnificent park, integrated with existing homes and shops.

Soon names familiar in news headlines as scenes of violence will witness further building for the future, as sites under consideration for similar disabled housing schemes include Londonderry, Ballyclare, Newry and Fermanagh.

### Plans

The Habinteg Housing Association (Ulster), which built the Bangor homes, is also building a further 87 dwellings at Holywood and Poleglass and 83 more are being planned for Shankhill Road and Poleglass.

A £14 million building programme has been agreed with the Environment Department to take place over the next five years.

Habinteg (Ulster) is an offshoot of the Housing Association set up by the Spastics Society, and is managed by a committee which includes, as chairman, Alex Moira, one of the founders of The Spastics Society, Mrs Joyce Smith, the Society's current chairman, and several members drawn from the Ulster community.

# REMAP experts could aid you

## Tailor-made aids for special problems

- WHEN a young spastic boy was unable to feed himself they were there.
- When an aspiring archer with cerebral palsy needed help they were there.
- Every year when 2,000 disabled people need the help of modern technology they are there.

They are REMAP, Rehabilitation Engineering Movement Advisory Panels, which provide a marvellous individual service throughout Britain for disabled people whose particular needs are not met by equipment from normal outlets.

There are now 86 panels each made up of professionally qualified engineers, skilled craftsmen, remedial therapists, doctors and representatives of the local social services.

Each panel is autonomous and self financing in utilising engineering expertise to solve the individual problems of the handicapped.

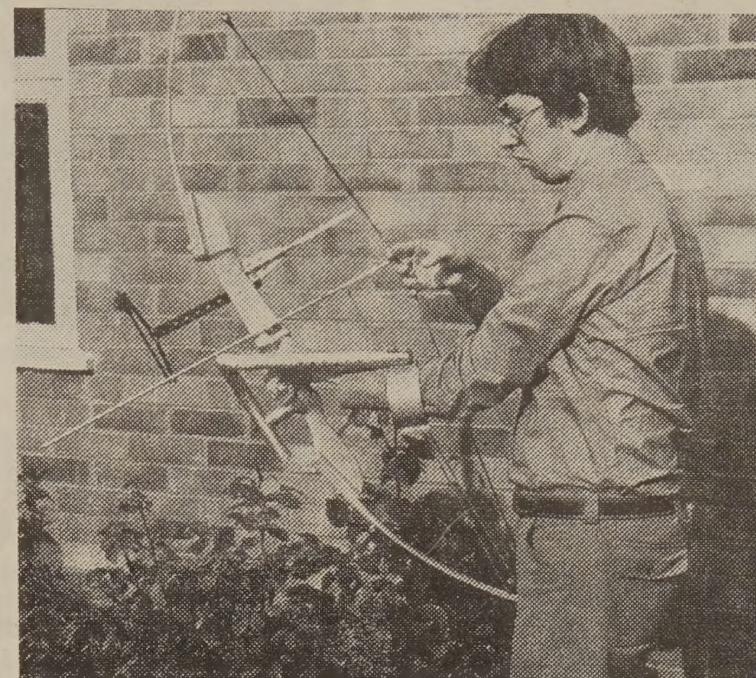
### Unique

A full account of this unique service is given in the first REMAP Year Book, just published, which also provides a full list of names, addresses and telephone numbers through which local and immediate contact can be made.

And since most panels have a pool of professional engineers in reserve more problems could be handled now!

The ways in which the panels help to solve such problems are wondrously ingenious.

The spastic boy who couldn't feed himself, for



- A young man with cerebral palsy is given a new string to his bow thanks to the advice of a champion archer and the help of REMAP which together provided him with a specially designed bow, incorporating an arm brace, to give easier control and improved performance.

example, was provided with a feeding aid by the Humberside North panel. This was done by a hand lever operating an oil-filled damper which in turn lowered a spoon into a dish on a turntable for loading with food, then raised the loaded spoon to the mouth.

### Archer

The viscosity of the oil in the cylinder controlled the speed of the cycle, enabling the boy to feed himself and gain some independence.

Also on Humberside was a young spastic archer

handicapped down his left side, with a limp, and with weak and inadequate control of left arm and hand.

He had been using a simple long bow but needed easier control to improve performance.

A champion archer, neighbour of a panel member recommended making a compound bow, which he designed, made of cast aluminium and fibre glass.

The fortunate youth is now using the new bow with good control and it is hoped that continuing use will strengthen his arm muscles.

At Corseford School for Spastics one of the older pupils was having difficulty using a calculator because of lack of finger control.

The Renfrewshire panel came up with a grid with holes over each key position which acted as a guide so that only one key could be pressed at a time. The grid was attached to the calculator by four triangular nylon corner pieces.

With rare ingenuity, a lady bridge player who became disabled and could no longer hold the cards was provided with an inconspicuous card holder which allowed her to continue to play her cards close to her chest.

### Hobby

A needle threader, various modifications to wheelchairs, reading aids, lifting devices, a one-armed tin opener, a window periscope for a chairbound amputee, an electric leg warmer for a stroke patient, a pram lock for an epileptic mother, and an electric dumb waiter, are further examples of the endless inventiveness of the REMAP engineers.

REMAP had its origins in 1964 when Pat Johnson, a civil engineer with ICI at Billingham, felt that his personal hobby of designing aids should be put on a more regular basis and supplemented by other skilled colleagues at ICI.

The total professional membership of REMAP's panels now numbers almost 2,000.

For the disabled with a special problem which can't be solved from any conventional source they have the high technology and the experience and its at your service.

The REMAP Year Book 1982 is available at the cost of £1.30 including postage and packing from RADAR, 25 Mortimer Street, London W1.

## Holiday offer, and no takers

HOLIDAYS seem to have gone out of fashion among spastics people in the South Bucks area.

The South Bucks Spastics Society put aside £1,000 to pay for a holiday this year for five spastic children or young adults.

So far, however, nobody has applied to take advantage of the holiday scheme.

"We circularised all the schools and centres in our area," said Mrs Jessica Smith, secretary of the South Bucks Society's executive committee, "hoping that parents would choose a holiday but so far we have had no response."

Mrs Smith is intending to go around the special schools in the area to talk to the heads to see if they can suggest some suitable people."

The idea for the holidays scheme came from Mrs Smith, who has a spastic son and daughter-in-law, who themselves have enjoyed holidays specially organised for the handicapped.

"Our biggest difficulty," says Mrs Smith, "is getting hold of the names of spastic people in our area. We don't even have a complete list of the names and have to rely on the Society schools and centres."

So if there are any spastic people in the area covered by High Wycombe and District, Amersham, Chesham, Gerrards Cross, Marlow and Stokenchurch, who are either planning or have already arranged a holiday, the South Bucks Society would like to hear from you.

Applications, which should be supported by the head of the school or centre, a GP health visitor or social worker, should be sent to: Mr R. Donelan, Chairman, South Bucks Spastics Society, 7 St Margaret's Close, Great Kingshill, High Wycombe, Bucks.

## Bank's gift for Meldreth



SOME very special interest from the bank has brought a welcome windfall to The Spastics Society's Meldreth Manor School.

A cheque for £1,500 contributed by employees of National Westminster Bank through its Samari-

tan Fund will go to improving bathroom facilities at the school at Meldreth near Royston in Herts.

Pictured at the cheque presentation ceremony are (left to right) John Rowe, the Society's Head of

Mailing Appeals, Tony McEvoy, acting head of the school, Peter Tyley, Area Director, National Westminster Bank, Mrs Jill Pope and Mr Bill Stansfield, both of Natwest's Royston branch. Picture by "The Royston Crow."

## Hygiene exam success

THERE was plenty of food for thought when 17 representatives from Spastics Society residential homes had a day out at Clacton.

They were there, at the Society's Bedfont Hotel, to attend a one day basic course in food hygiene organised by Tendring District Council, which is conscious of the number and variety of food premises in their area.

### Passed

All the 17 are food handlers at the Bedfont itself at Drummonds, Grangewood, Jacques Hall and Wakes Hall.

At the end of the day all 17 passed the examination and received certificates from Councillor Edwin Day, chairman of Tendring District Council.

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## TWO PAGES OF SPECIAL STORIES TO MARK THE

# Our 'cousin' over the Border — older, but thriving on new ideas

THE Spastics Society works for the welfare and advancement of spastic children and adults in England and Wales, but we have a close "cousin" over the Border — the Scottish Council for Spastics.

And as in many fields of medicine, Scotland's contribution towards progress in the treatment of cerebral palsy and in bettering the lives of those suffering from the condition, has few equals anywhere in the world. Indeed, with the formation of the Council in 1946 — several years earlier than even The Spastics Society — Scotland was a pioneer in efforts to tackle the problems of spastics people on an organised basis.

The founding of the Council stemmed from a visit to Britain in 1946 by Dr Earl Carlson, a New York neurologist who was himself cerebral palsied and specialised in the study of the condition. He was invited to Edinburgh to address a group of medical men, educationalists and representatives of statutory and welfare organisations, and following his talk it was agreed immediately to form "The Scottish Council for the Care of Spastics."

The task was formidable. The Council had no precedents from which to work; it had no premises, equipment or staff; there was no money. Central or local authorities might provide grant-aid but they could only do this if the Council had tangible services to offer — a chicken-and-the-egg situation indeed.

It was resolved through the generosity of Mr Duncan McLeod at Skeabost, Skye, who gave a cheque of £500 together with two hogsheads of whisky, which even 35 years ago realised a further £1,500. Thus were the Council literally "floated" on whisky, a not inappropriate baptism for a Scottish organisation!

While further funds were gathered, no time was lost in seeking suitable premises in which to start a residential school for spastic children and in June, 1947, contact was established through Mr George Pollock, a distinguished orthopaedic surgeon, and now chairman of the Scottish Council for Spastics, with the Scottish Branch of the Red Cross which offered to put up £30,000 for the conversion of premises.

There were found at Westerlea in Edinburgh and adaptation was completed in time to welcome the first pupils in October, 1948. Within the space of a few years Westerlea was followed by Stanmore



House School, Lanark, for children with particularly severe disabilities, Corseford School, Johnstone, and Murrayfield Day School, Edinburgh. Together they can cater for the needs, educational and otherwise, of some 230 spastic children.

Parallel to the expansion of educational facilities the Council contributed, and still contributes, substantially towards research into the causes and treatment of cerebral palsy. It was the Council's support and encouragement which helped staff at two Edinburgh hospitals to prove that the incidence of cerebral palsy can be almost halved if adequate care is accorded to mothers before, during, and after birth.

But spastic children are no different from able-bodied youngsters in at

least one respect: they grow up. Consequently a steadily increasing proportion of the Council's resources has been devoted in recent years to assisting adolescents and adults.

As far back as 1954 a cottage in the grounds of Westerlea School was used to train older spastics but the real breakthrough was achieved in 1963 with the opening, in a rented factory, of Hillington Work Centre on the outskirts of Glasgow.

It was yet another pioneering venture because the Council was determined to break completely from the previously dominant arts-and-crafts concept of employment for the disabled. It envisaged a work centre which would produce genuinely "industrial" goods and services which would find their own markets in the West of

Scotland at the going commercial rates. And so it came about.

Similarly, New Trinity Centre, Edinburgh, starting originally in a disused schoolroom and now housed in the first truly comprehensive, purpose-built centre in Europe, encompasses sheltered employment sections, occupational training and work centres, a day-care unit and therapy services together with facilities for assessment, further education and remedial work.

The expansion of these two main centres, catering for a total of 450 disabled adults, has been paralleled by the establishment in other parts of Scotland of similar, if smaller, units by the Council, affiliated associations and local authorities.

Sadly, the form and degree of disability among many spastic people is so severe that, despite the educational, training and em-



### The versatile approach

• The Scottish Council for Spastics provides a variety of excellent services for spastic children and adults, ranging from the care of the very young to exciting residential developments for independent living. Our pictures were taken (left) at the Dundee Day Centre, and (above) at Stanmore House School.

ployment services provided by the Council, there is little prospect of them being able to cope unaided with other aspects of their lives.

This led over the years to the opening of homes in Paisley, Erskine, Perth and Edinburgh for around 150 spastic adults and further extensions, notably at Upper Springland, Perth, are contemplated.

Upper Springland is a noteworthy pioneering venture. Through the generosity of the Gannochy Trust, it was decided to build, in phases, a complex of 72 flatlets, together with a work centre and communal and recreational facilities. The residents are all physically disabled, and are able to live and work semi-independently. Under the broad heading of "bell-care", they are able to summon assistance if required at any time of the day or night.

Flanking all these efforts,

there have been over the years corresponding developments in various forms of therapy services — including a mobile therapy unit which can go to any part of Scotland, however remote — social work and the provision of sport and recreational facilities.

The Scottish Council for Spastics has merited to the full the faith of the far-sighted founders of 1946, and is now responsible for the care, treatment, education, training, employment, housing and general welfare of more than 2,000 spastic children and adults in every part of Scotland. That this figure represents no more than one-quarter of the Scots who suffer to greater or lesser degree from cerebral palsy is no fault of the Council's — it is sheer lack of money. But it does illustrate the magnitude of the task which the Council must and will undertake.

## Thanks to Ted the hoarder we have

### 30 years of good news

THE Spastics Society has grown — and so has Spastics News. From a duplicated foolscap sheet to the paper you hold, just one of over 15,000 copies.

And what a contrast between today's newspaper and its baby beginnings . . .

We have finally tracked down the missing issues, Numbers One and Two of Spastics News, thanks to the hoarding instinct of Mr Ted Spink.

You may remember that in our March issue we had traced our origins back to issue No 3 but could get no further.

Now Ted Spink, who lives in Abbots Langley,

Watford, and who has a spastic daughter, Eileen, has sent us the first two issues of what was then called National Spastics Society News, dated November and December 1952.

These pioneering issues, in sharp contrast to the journalistic splendour of today's Spastics News were only duplicated foolscap sheets.

But they record the moment when the Society was beginning to take off.

Wilfred Pickles described as "no longer the 'gay dog' of his lighthearted London theatre success" was becoming a patron; the radio doctor Dr Charles Hill, later to become Postmaster General, was chairing the first meeting of the Luton group, and money making ideas recommended, embraced scrap metal in Newcastle, milk bottle tops in London and scent cards just about everywhere.

A man in Ealing was bidding to make the

Guinness Book of Records by collecting £70 for the Society in a marathon house-to-house collection covering 70 streets.

Only months after the Society was formed the first issue of NSS News recorded the awakening of public interest, gauged by the formation of 42 parents associations and 200 articles in the Press.

Mr Spink explains how he comes to have the very first issues of NSS News (he also has a folder full

of issues up to December 1956).

"It was just about the time that it was issued that I wrote to the Society for advice on Eileen who was getting no worthwhile treatment."

A few months later he joined the Watford group and has been a member ever since. Ted is about to retire and plans to write the history of the group.

"Barbara, my wife, thinks I hoard too many things," says Ted, "and wants me to have a good turn out but she is glad that I didn't throw away these old papers."

So are we!

# 30th ANNIVERSARY OF THE SPASTICS SOCIETY

## David's picture told a cover story

AS a small boy David Beddoes can remember some people coming and taking a picture of him, the cameras, lights and the as it seemed then, the huge staircase at Irton Hall school stretching ahead of him as he made valiant efforts to crawl to the top.

He never knew why they took his picture and shortly afterwards he was transferred to St Cuthbert's Hospital, a long stay unit for chronically handicapped young people just outside Darlington, County Durham. That was in February 1964 and in 1982 he saw the picture for the first time—on the cover of the January issue of *Spastics News*. It was a flashback to the early years when it was used as the emotive cover picture of

the book, "Every Eight Hours," written by the late Richard Dimbleby and summed up the struggle of the child and the Society to achieve success. "Every Eight Hours" told the story of the Society and played a major role in tutoring a largely ignorant public just what the Society was about.

And the poignant picture of David on the cover helped the message reach home!

Now nearly 20 years later, David is still at St Cuthbert's, where ward sister Lesley Robinson describes him as "A very happy guy—he's the bright spark of the ward. He's doing very well, he can speak and dress himself, and although he can't do very much he enjoys occu-

pational therapy. His gran, who lives in the nearby village of Croft, visits him each day and helps him at dinner time, and he often goes to tea with her. He plays dominoes and cards at the social club we run—he likes a drink and a chat. He collects stamps and also takes pictures with his own camera. Although David is confined to a wheelchair, his great interest is gardening—put a rake in his hands and he is happy for hours!"

• **"Every Eight Hours"** underestimated the problem. It is now known that a spastic baby is born every FOUR hours.

• **PICTURE** right: David

Beddoes 30 years on—now at the top of the stairs.



## Sheila, the stars, success, and those frantic pioneering days

**SHEILA** Rawstorne, the first person ever to be employed by The Spastics Society, used to be frightened of opening letters.

In those early pioneering days when Sheila's Kensington flat was the Society's office, and her sideboard its first filing cabinet, she dreaded the letters from anguished parents to whom she could offer little practical help.

Now 30 years later, as Director of the Stars Organisation for Spastics, Sheila no longer minds letter opening, because she knows the world has changed for those parents.

When she gave up her job as a court reporter for health reasons to work part-time for an obscure new charity she had no inkling of just how her own world was going to be transformed.

The Society hadn't even been registered as a charity when Ian Dawson Shepherd, one of its founders and first chairman met her one Christmas Eve and offered her a part-time job as a "secretary factotum."

"I soon found out why it was part time," recalls Sheila. "There was only £50 in the bank and I was to be paid £7.50 a week."

Money started coming in slowly but not as quickly as the stream of visitors to Sheila's flat, and before long the discontented grumblings of her neighbours persuaded the Society to rent the local

church hall as its headquarters.

Before moving out of Sheila's sideboard, however, the Society made its first real cash breakthrough, when the bright idea of selling Coronation stamps caught on.

"The front door bell rang one morning, my husband answered it and asked me to come down. There were 25 sacks of mail waiting for me; the money had started coming in for the Coronation stamps, which eventually raised £60,000."

Next came Ian's daring idea for Christmas seals—millions and millions of them. This time 50 sacks of mail arrived, and the appeal raised £250,000.

When publicity in the Daily Mirror attracted an avalanche of letters, the urgent needs of spastic people had emerged into the public arena, and the Society moved for ever out of the church hall.

**But Sheila was to be present at the forging of yet another invaluable arm of the charity's future prosperity by reaching for the stars.**

The problem was simple: the Society had received a lot of publicity and money, but the public were still largely ignorant about spastics. Leading showbiz personalities, including



• SOS Chairman Anthony Quayle and Sheila Rawstorne pictured in the Organisation's office

Harry Secombe, Dame Vera Lynn and the late Ralph Reader, were invited to a cocktail party and asked to take up the nettle of helping to educate the nation.

They responded with a ball at Grosvenor House in London on November 28, 1955, which made £3,500 profit for the Society and was midwife to the SOS.

After two years, during

which £10,000 was raised, the Society's Director suggested that the stars took the money they had raised and did something with it.

Colwall Court, a holiday home for children at Bexhill was the "something they did with it," to be followed in later years by Wakes Hall, Colchester, an adult residential centre, and Good Neighbours House in Camberwell, a

residential centre designed to help spastics become integrated into the local community. A laundrette manned by residents provides the anteroom for this intermingling.

To finance these three centres the 300 stars in SOS give generously of their time and personal commitment as the focus of fund raising activities as diverse as pop shows (SOS was the first to organise a pop concert at the Empire Pool, Wembley), concerts, fashion shows, auctions, local fairs, greyhound racing, film premieres and a Christmas carol concert.

This year Sheila and her all star cast are busy with their biggest promotion ever, sponsored by SKI yoghurts and fronted by Roger Moore. There are over 50 million yoghurt cartons being distributed printed with special tops.

Every top returned to the manufacturers will raise one penny for the SOS.

The headaches which go along with orchestrating such a massive effort of goodwill will accrue to Sheila Rawstorne and the current chairman of SOS, Anthony Quayle.

"I never expected anything when I started. I have come from being frightened to open letters, when we couldn't give any practical help, to the satisfaction of knowing that there are facilities available, especially for children," says Sheila.

"There is still a great deal to be done and I hope that the Society can move as quickly in the next 30 years."

**Ken Cooper**

## The Society has encouraged the sporting life

IN the sporting life of the disabled every event is a handicap.

But in sharing the joys of competition and friendly rivalry the handicaps have been triumphantly overcome, and from its earliest days, the Society has provided every opportunity for worthwhile leisure activities.

In every sphere of sport

and physical enjoyment, from wheelchair dancing to putting the shot, disabled men and women are demonstrating that Sport is truly for All.

Both in the national and international arena, disabled athletes have brought distinction and courage to the sports events.

The latest example of the desire to meet and overcome the challenges of

the great outdoors is a kayak exploration of French rivers undertaken this month by six young handicapped people, whose ages range from 15 to 31.

The expedition, planned by the Society's Churchtown Farm Field Studies Centre, at Lanlivery, Cornwall, included training in capsizing, camping and rescue techniques.

## FITZROY Fair

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# That advert—complaints, but vital aim achieved

Continued from Page 1

book's profits go to the society.

They reminded Mr Feroze that the survey had shown that 20 per cent of women find their antenatal doctor "not very helpful and sympathetic," while a further 20 per cent of women felt either unimportant or anxious at clinic visits.

## A touch of class at the Fair

THERE were high jinks in the mud when the final Belgrave Fair took place with the usual mixture of champagne, chic and good cheer.

Belgrave Square, in London's Mayfair, where the other half of the other half live, has been the venue for the past 10 years of this annual charity fun fair, organised this year by The Spastics Society.

With the square scheduled to be landscaped, the young socialites who regularly attend the fair were determined to make the most of their last opportunity to enjoy themselves in such exclusive al fresco surroundings.

Unfortunately, several days of rain ensured that the square was turned into a mudbath.

Most found compensation in champagne, a sumptuous buffet and attractions which included a fun fair, a Japanese Kabuki theatre demonstration, Vidal Sassoon's Hair and Fashion demonstration and a disco.

Others found satisfaction in trying their luck in various competitions, including guessing the number of shampoo bottles in the boot of a car, and cutting a wig for Sassoon.

At the end of the evening, in spite of the mud and excess of high spirits, £17,000 had been taken on the gates by the dedicated staff of The Spastics Society, who manned the four entrances, and 1,000 more people attended than did so last year.

Plans are already underway for the next fair and a new venue is being sought.

Mr Tim Yeo, Director of The Spastics Society joined the fray and, in a letter to The Times, claimed that the criticism from the President of the Royal College was illfounded.

"As long as a significant number of mothers con-

tinue to be treated in a manner which not only diminishes the fulfilling nature of pregnancy but also actually deters attendance at antenatal clinics, thereby increasing the risks of an unsatisfactory outcome of that pregnancy,

neither the medical profession nor anyone else concerned with the health of the next generation has any grounds for complacency," said Mr Yeo.

But while this relatively polite flak was passing back and forth over the

Letters Page of The Times some heavy artillery was arriving through the post at the Society's headquarters.

A total of 10 letters, most of which would have done credit to the archetypal "Disgusted" of Tunbridge Wells, complained of the outrage felt in certain patriotic breasts.

"Obscene and revolting . . ."

"abomination and disgrace . . ."

"appalling bad taste . . ."

Almost without exception, however, the outraged were complaining not about the contents of the advert, and any criticisms it might contain, but about the portrayal of a tattered national flag.

"The Union Jack," said one correspondent, who like the others was still bathing in the heady reflected glory of the Falklands campaign, "is neither tattered nor torn. We are proud of it. Example—Falklands!"

A practising midwife from Sunderland objected to a generalised criticism which, she said, stained the reputation of all health workers. She asked how they could be blamed for women who either didn't keep appointments at clinics or wouldn't allow community midwives into their homes—and thereby missed one of the basic points of the survey which shows that it is the lack of sympathy from doctors and midwives which makes women stay away from clinics and midwives.

The objectors, however, were in a very small minority; to date, for every letter of complaint the Society has received, 37 letters, in response to the advert, have asked for further information and literature on the Save a Baby campaign.

The favourable letters include those from young couples about to start a family, from a school biology teacher, a hospital dietician and a Sunday Times reader in Dar-es-Salaam, Tanzania who is "very much impressed by the campaign".

The comments of a lady in Bridgend involved with a local group of the National Childbirth Trust seems to sum up the attitude of the majority of people who responded to the Save a Baby week ad.

"We all feel," she writes, "there is considerable room for improvement in both the antenatal and maternity services in this area and we hope by persistent (gentle) pressure to slowly bring about some changes."

As the storm clouds of controversy clear it is becoming obvious that the Society's aim to promote dialogue between the caring professions is hitting a much wider target.

## SPASTICS NEWS

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## After the fund raising, a big day for Daresbury



● Pictured at the official opening of the Daresbury Hall extension with some of the residents are, left to right: Mrs Joyce Smith, Chairman of The Spastics Society; Mr Fred Osman, Warden of Daresbury Hall; Mr Michael Stopford, Head of Centres; Mrs Oriska Cameron, Campaign Director; the Duke and Duchess of Westminster; Mr Tim Yeo, Director, The Spastics Society.



● The Duke of Westminster meets some of the residents during his tour of the centre.

## Duke opens 'easy life' extension

A DUKE, a pack of Cub Scouts and a metal detecting society have joined forces to build a more comfortable future for Daresbury Hall, the Spastics Society's centre for multiply handicapped people.

The Duke of Westminster has now opened the new extension to Daresbury Hall, near Warrington in Cheshire. His own donation of £10,000 began a fund raising campaign which raised £250,000.

The new extension will make life easier for both staff and residents who have moved out of dormitories and into small bedrooms with their own amenities.

This was all made possible by a remarkable effort of community involvement.

Several local Rotary clubs and Round Tables sponsored a resident by agreeing to raise £5,000 each but no effort was regarded as too small or insignificant.

The cub pack at the nearby village of Appleton were given 50p each out of funds and told to go away for three weeks and "make the 50p work".

The cubs, being prepared, devised various methods of making a profit with their capital. One, for example, bought ingredients for a cake, persuaded his mother to bake it and then sold the cake at a profit.

In various ways the pack raised over £200 for Daresbury while returning the original 50p's to the pack funds.

The South Lanes and Cheshire Metal Detecting Club also struck a rich vein with the help of the Campaign Director Mrs Oriska Cameron.

She advised them on various rural sites for their outings and they persuaded the farmers and landowners who granted them permission to allow them to contribute the fee for use of their land to the Daresbury extension fund.

In spite of all these efforts, however, the fund raising continues as another £50,000 is needed to complete the improvements to the existing buildings.

Anyone who wishes to contribute should contact Mrs Cameron at Daresbury Hall, Daresbury Nr Warrington, Cheshire WA14 4AG.

## Spastics Society charts journey to parenthood

PREGNANCY is a time of great excitement and of much confusion.

Suddenly attending antenatal clinics and claiming maternity benefits becomes all important, so, to help prospective parents through the maze of what to do, when, The

Spastics Society has produced an attractive, full colour chart.

The journey begins with the preparation for pregnancy giving basic advice on what to do and what not to do before conception, and continues week by week through pregnancy till

the baby is six weeks.

The attractive, full colour chart is available free on request from the Press and Publications Department, The Spastics Society, 12 Park Crescent, London WIN 4EQ. A stamped addressed envelope would be welcomed.